



COUNTY OF KAUAI



# Agency on Elderly Affairs

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## 2013 Budget Presentation

April 10, 2012



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Program Administrative Officer

## AGENCY ON ELDERLY AFFAIRS

### **Mission**

*The Kauai Agency on Elderly Affairs, as the designated lead County agency, plans, implements, supports and advocates for the well-being of Kauai's older adults.*

### **Vision statements of the Area Agency**

*~ Kauai's older adults will live independently at home or in the community with dignity and respect.*

*~ Kauai's family caregivers receive adequate support to care for their older adults.*

### **Goals & Objectives**

1. Develop Hawaii's Aging and Disability Resource Center (ADRC) to its fully functioning capacity to serve as a highly visible and trusted place where all persons regardless of age, income and disability can find information on the full range of long-term support options.
  - a. 1200 visits will be made annually by older adults, caregivers, and community-at-large at the ADRC website to access information. (1,634 visits were made on website from July 2011 to January 2012)
  - b. By end of Year 1, Memorandum of Agreements (MoAs) will be established with 90% of identified partners relevant to AAA and the ADRC. (1 MoA with Kauai Veterans Memorial Hospital)
  - c. Minimum of 4 meetings will be planned and coordinated annually with ADRC partners. (7 meetings—Primary Consultant met with key partners individually and made presentations on ADRC initiative designed to streamline access to long-term care.)
  - d. Develop survey to collect input from ADRC partners annually.
  - e. 6000 Information & Referral contacts will be provided to older adults annually. (6,699 contacts were made; served 1,223 older adults for the period of 7/1/2010 to 6/30/2011)
  - f. Conduct a minimum of one training annually for AAA staff and partners on the development of the ADRC. (held a forum on May 26, 2011 inviting service providers and partners)
  - g. Develop Information Technology infrastructure for ADRC. (State Executive on Aging taking lead; contracted with AGIS Network and Harmony Information Systems, Inc.)
2. Enable older adults to remain in their own homes with a high quality of life for as long as possible through the provision of home and community-based services, including supports for family caregivers.
  - a. A minimum of 6 contracts issued by start of federal or state fiscal year. (8 contracts issued with the following vendors: Alzheimer's Association; ASN Consulting Services; Child & Family Service; Kauai Adult Day Health Center, Kauai Economic Opportunity, Inc.; NurseFinders; Seniors' Law Program; and County Transportation Agency)
  - b. Monitoring done quarterly (desktop and site visits/meetings with providers).

- c. 800 older adults receive home and community-based services. (served 670 older adults for the period of 7/1/2010 to 6/30/2011)
  - d. 130 caregivers including grandparents receive support through Home and Community-Based services. (served 137 caregivers including grandparents)
  - e. A minimum of 2 trainings/meetings per year will be coordinated for service providers.
  - f. Emergency Preparedness plans will be updated annually or as appropriate.
- 3. Empower older adults to stay healthy, active and socially engaged, using prevention and disease self-management strategies.
  - a. 8 Lay Leaders (LL) will be trained annually for the Better Choices, Better Health (BCBH) also known as Chronic Disease Self Management Program (CDSMP). (trained 10 in 2011)
  - b. 14 BCBH trainers and Lay Leaders will lead workshops annually.
  - c. 9 BCBH workshops/year will be provided. (6 workshops were held)
  - d. 90 older adults will complete BCBH workshops/year. (48 completed)
  - e. A minimum of 20 congregate meals participants will participate in BCBH workshops/year.
  - f. 175 elders will participate in EnhanceFitness (EF) classes/year. (205 participated from 7/1/2010 to 6/30/2011)
  - g. 8 EF classes will be maintained with fidelity with a minimum of 8 certified fitness instructors (regular instructors and subs) trained to teach EF.
  - h. EF New Instructor training will be conducted annually with a minimum of 2 new instructors trained.
  - i. 500 older adults will be engaged in volunteer opportunities through RSVP. (524 volunteers)
- 4. Manage funds and other resources efficiently and effectively, using person-centered planning, to target public funds to assist persons at risk of institutionalization and impoverishment.
  - a. Develop hospital discharge planning model for Medicaid eligible clients to streamline access to services in the community by end of Yr 1. (State Executive Office on Aging taking lead and adopted the Coleman Model as its Hospital Care Transition Intervention Model.)
  - b. A minimum of 10 older adults who are discharged from KVMH will participate in their own plan of care for home and community-based services to support them living at home by the end of Yr 2. (program start date 3/27/2012)
  - c. Develop written protocol for interagency referral for older adults not eligible for Medicaid for Community Living Program. (State Executive Office on Aging taking lead and has developed protocols for referrals to Community Living Program.)
  - d. 10 older adults will participate in person centered planning each year during grant period. (2 enrolled in Community Living Program as of 2/27/12)
  - e. Database tracking of client service utilization and demographics will be completed.
  - f. Develop and distribute client satisfaction survey to all clients.
- 5. Ensure the rights of older people and prevent their abuse, neglect and exploitation.
  - a. 400 older adults will receive legal assistance services.

- b. A minimum of 6 partners/stakeholders will complete a Memorandum of Agreement.
- c. Written protocol and procedures are developed for referral process and are appropriate.
- d. Collaborate on a minimum of 50 potential elder abuse cases and scams, which may include financial exploitation, per year with a record of completion.
- e. A minimum of 4 partner meetings per year will be held.
- f. Conduct 1 annual evaluation of partnership/coalition.
- g. Conduct minimum of 1 educational workshop or training annually on prevention and awareness.

## Successes and Achievements

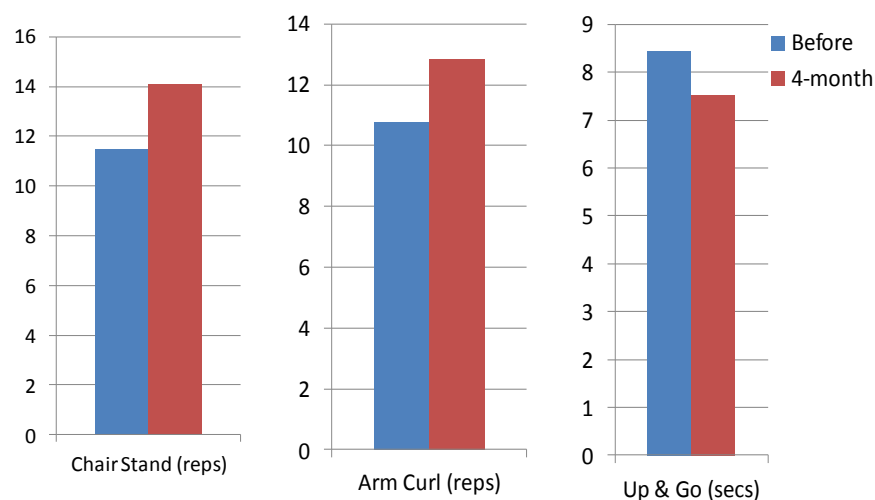
1. Better Choices, Better Health (BCBH), a Chronic Disease Self-Management Program developed by Stanford University that's designed to provide support and build confidence in the participants' ability to manage their health and maintain active and fulfilling lives.
  - Completed 6 BCBH workshops at AARP Information Center; Kapaa Neighborhood Center, Kauai Community College Office of Continuing Education, Piikoi Building, Kōloa Neighborhood Center and Kekaha Neighborhood Center.
  - Held Lay Leader training in April with 10 people trained.
  - Two Leaders were trained on O'ahu in the Diabetes Self Management cross training; they will offer workshops in 2012.
2. EnhanceFitness (EF), a low impact, strength training program that focuses on balance, strength, endurance, and flexibility. It's designed to help older adults reduce their risk of developing chronic conditions such as high blood pressure, osteoporosis, heart disease, diabetes and depression.
  - Number of participants enrolled/waitlisted as of 1/19/2012:

| Site      | # enrolled (max. 22)     | # on waitlist                 |
|-----------|--------------------------|-------------------------------|
| Kekaha    | 22                       | 5                             |
| Waimea    | 20                       | 2 (want to remain waitlisted) |
| Kaumakani | 21, enrolling 1          | 8                             |
| Kōloa     | 23, one participant (WA) | 15                            |
| Lihue     | 22                       | 25*                           |
| Līhu'e II | 21, enrolling 1          | 24*                           |
| Kapaa     | 21, enrolling 1          | 13                            |
| Kīlauea   | 21, enrolling 1          | 7                             |

\*16 are on both Līhu'e lists

- Served 205 participants for the period of 7/1/2010 to 6/30/2011; chart below show EnhanceFitness impact after 4 months:

### EF Impact: reported improvements in strength, balance, and Flexibility



Graph shows improvements in upper and lower body strength (chair stands and arm curls) and agility and balance (up and go time is reduced and thus seniors are doing it quicker).

- Comments from EF Participants—what they like best about EF classes?
  - “I feel like I’m getting stronger.”
  - “This program encourages me to routinely exercise and it’s fun to move to music—I love it! I also appreciate the weight bearing exercise which I wouldn’t normally think about—it’s strengthened my arms.”
  - “The exercise makes me more energetic. I am hoping to get better numbers on my bone density.”
  - “Great opportunity to exercise as a group no matter how old the members are they try to do their best—always concern when one misses class. We are like family—we laugh and share concerns.”
  - “I am especially happy with my increased bone density.”

### 3. Information and Referral (I&R) Services

I&R staff provided outreach services at the following places: Līhu‘e County Complex, Piikoi Building, Sun Village Recreation Room, the Regency at Puakea, County Health & Wellness Fair, Hale Kupuna Elderly Housing in Kalāheo, Mahelona Elderly Housing in Kapa‘a, Port Allen Senior Housing, Kōloa Neighborhood Center, Kekaha Haaheo Housing, Līhu‘e Gardens Elderly Housing and at the Kauai Prime Time Wellness Fair.

For calendar year 2011, this Senior Identification Card Program identified 271 older adults.

#### 4. RSVP Recognition Luncheon



The annual recognition was held on Friday, December 2, 2011, at the Kauai Beach Resort. More than 360 RSVP volunteers were honored for their contributions to our Island community.

#### 5. Older Americans Month

The Older Americans Award Recognition is scheduled on May 8, 2012 to be held at the Kauai Beach Resort. Older Americans Month is our chance to show our appreciation and support to our seniors as they continue to enrich and strengthen our communities. This year's theme **“Never Too Old to Play”** encourages older Americans to stay engaged, active and involved in their own lives and in their communities.

This year's nominees are Florencia Balualua, Dorothy “Dollie” Brierley, Martina E. Brun, Nancy Fuertes Fuller, Kay K. Hill, John Lydgate, Shirely A. Matsuo, Lorin P. Wade, David Walker, and Joanne Watanabe.

#### 6. Home Delivered Meals

Kauai Economic Opportunity, Inc. serves as provider for both home delivered meals and congregate meals. We served 354 frail older adults and delivered a total of 52,038 meals.



## Challenges

Staff turnover are challenges AEA has faced in the past two years. In June 2011 a Program Specialist II retired after 32 years with our agency. The wear and tear of vehicles is also a concern as AEA female staffs have been left stranded on the road by a disabled vehicle.

## Planned Improvements

The following two objectives will focus to improve:

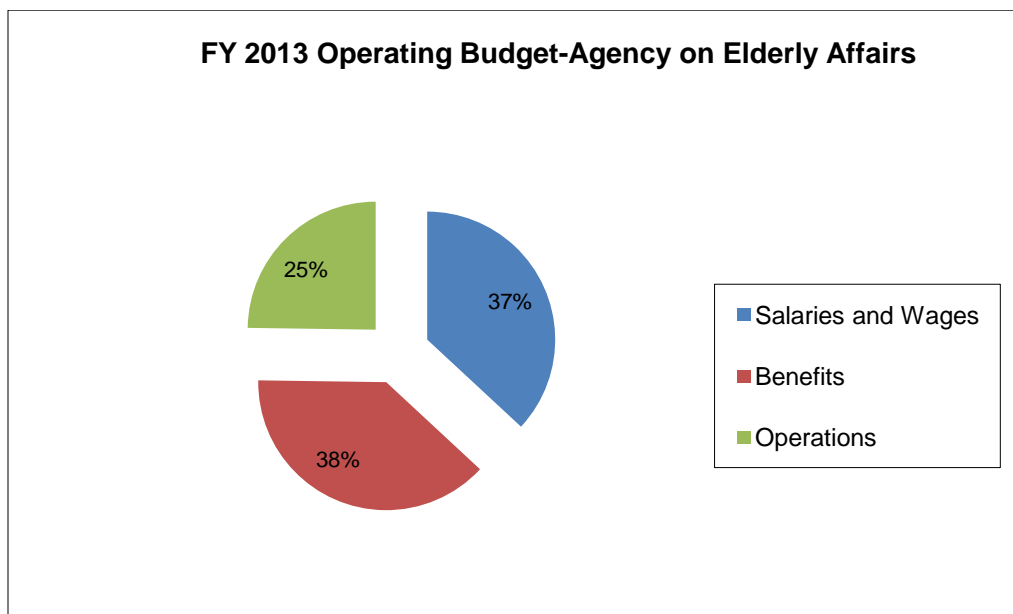
1. Maintain the integrity of client database to track and record accurate service utilization and expenditure and produce client demographic data
2. Develop and conduct client satisfaction survey to clients of eldercare services

## Upcoming Initiatives

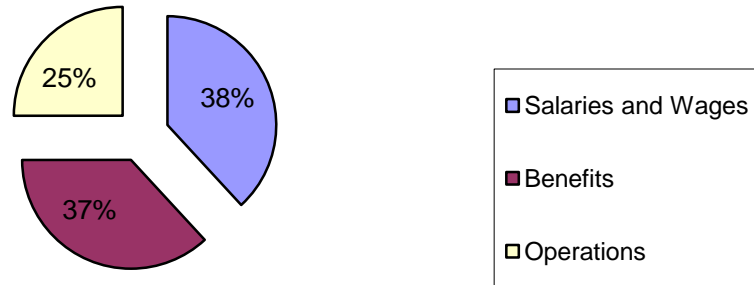
The official start of the Kauai Care Transition Program at Kauai Veteran Memorial Hospital (KVMH) begins on March 27, 2012. This program uses the Care Transition Intervention (CTI) approach, a successful evidence-based model designed to target high risk patients for hospital readmissions and reduce the rate for readmissions and emergency room visits. With the assistance from a trained CTI Coach, patients learn to better manage their care so that they recover successfully at home and remain healthy. Jan Pascua is the designated coach contracted by AEA.

The Kauai Care Transition Program is funded by a federal grant from the U.S. Centers of Medicare and Medicaid Services. The federal funding is until September 29, 2012; however, an extension of the project period will be requested through the State Executive Office on Aging.

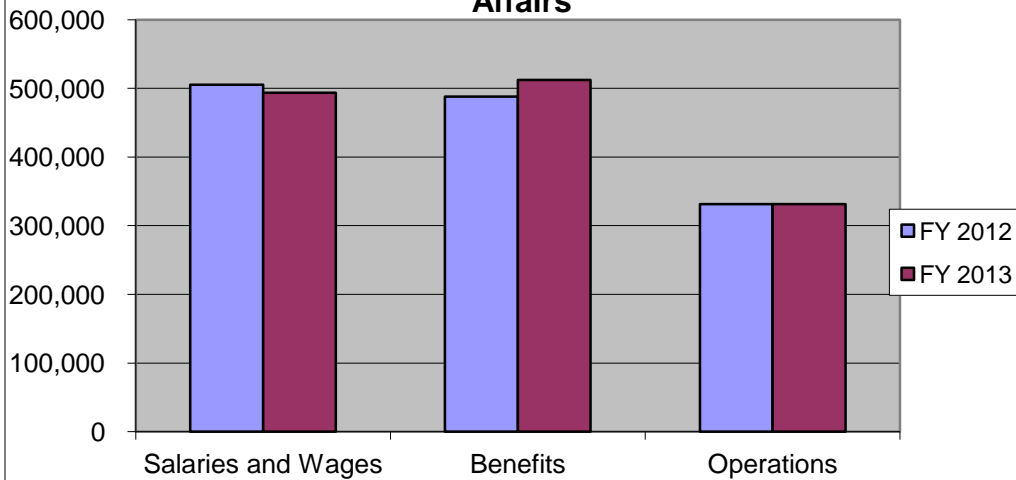
## Comparative Graphs



### FY 2012 Operating Budget-Agency on Elderly Affairs



### FY 2013 and 2012 Comparison-Agency on Elderly Affairs



| Operating Budget-Agency on Elderly Affairs | FY 2012          | FY 2013          |
|--|------------------|------------------|
| Salaries and Wages                         | 505,070          | 493,526          |
| Benefits                                   | 487,881          | 512,359          |
| Operations                                 | 331,293          | 331,293          |
| <b>TOTAL</b>                               | <b>1,324,244</b> | <b>1,337,178</b> |



## **Operating Budget Discussion**

1. A list of all new positions or changes to any existing positions, indicating contractual or civil service, salary and division.
  - None
2. A list of current or anticipated vacant civil service and contractual position(s), duration of vacancy, and expected date for filling these position(s).
  - Accountant III (Emergency Hire is in place)
3. A list of contractual positions funded by State or Federal grants and the contract period. Grants-funded positions are limited-term civil service positions with Not To Exceed dates aligning with the expiration of federal funds (September 30/RSVP December 31) and state funds (June 30).
  - Program Specialist II-Aging (I&R Specialist)—Federal AoA
  - Program Specialist II-Aging (RSVP Director)—Federal CNCS 50%
  - Program Specialist II-Aging (Case Manager)—State Funds
  - Program Support Technician II (Data Entry)—Federal AoA
  - Program Support Technician I (RSVP Tech)—Federal CNCS
  - Community Service Worker—Federal AoA 50%, County 50%
  - Accountant III—Federal AoA 50%, County 50%
  - Accounting Technician—Federal AoA